

Convict Conditioning: Push-up Cheat Sheet

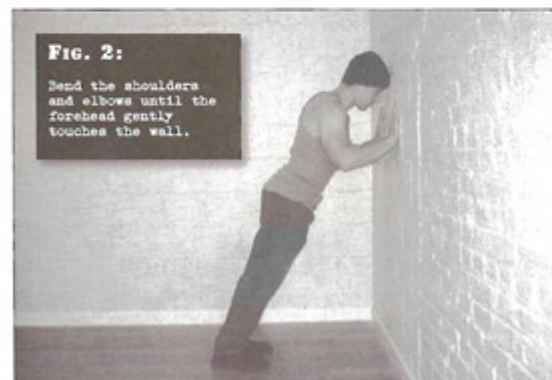
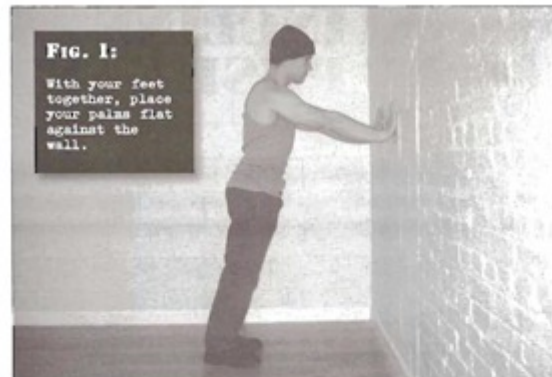
THE 6 WORKOUTS: (DOWNLOAD THE [e-book](#))

1. Pushups
2. Squats
3. Pull-ups
4. Leg Raises
5. Bridges
6. Handstand Pushups

Pushups

1. Wall Pushup

1. Beginner Standard: 1 set of 10
2. Intermediate Standard: 2 sets of 25
3. Progression Standard 3 sets of 50



2. Incline Pushup

1. Beginner Standard: 1 set of 10
2. Intermediate Standard 2 sets of 20
3. Progression Standard 3 sets of 40



FIG. 3:

With your feet together and your body aligned, lean over and grasp the object with the arms straight and shoulder width apart.

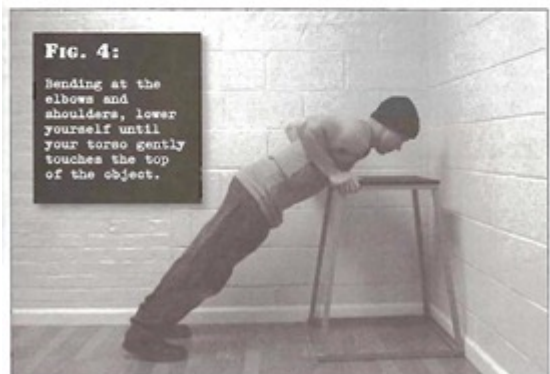


FIG. 4:

Bending at the elbows and shoulders, lower yourself until your torso gently touches the top of the object.

3. Kneeling Pushups

1. Beginner Standard: 1 set of 10
2. Intermediate Standard: 2 sets of 15
3. Progression Standard: 3 sets of 30

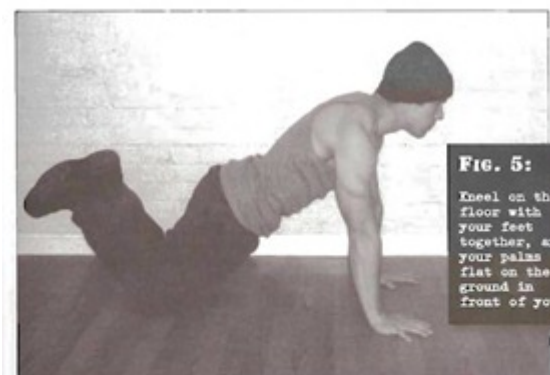


FIG. 5:

Kneel on the floor with your feet together, and your palms flat on the ground in front of you.

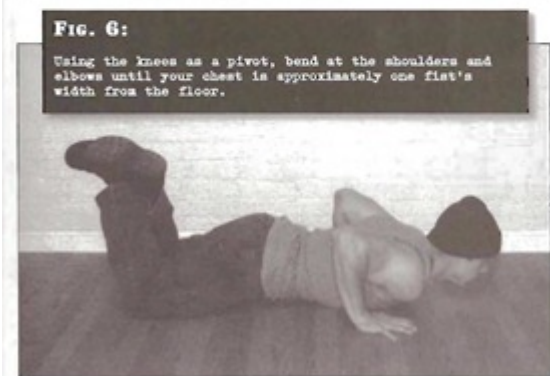
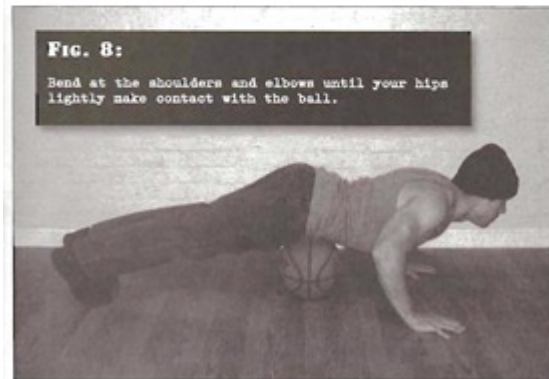
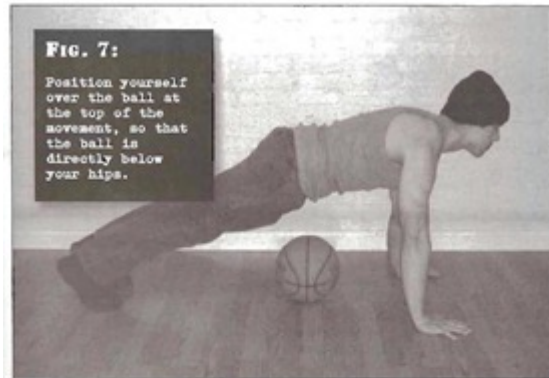


FIG. 6:

Using the knees as a pivot, bend at the shoulders and elbows until your chest is approximately one fist's width from the floor.

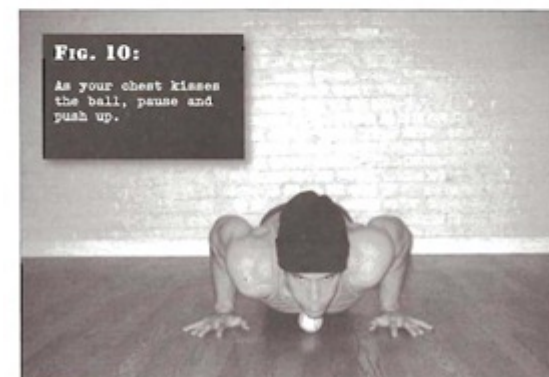
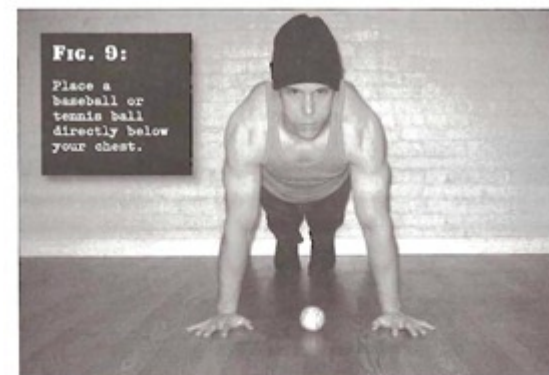
4. Half Pushup

1. Beginner Standard: 1 set of 8
2. Intermediate Standard: 2 sets of 12
3. Progression Standard: 2 sets of 25



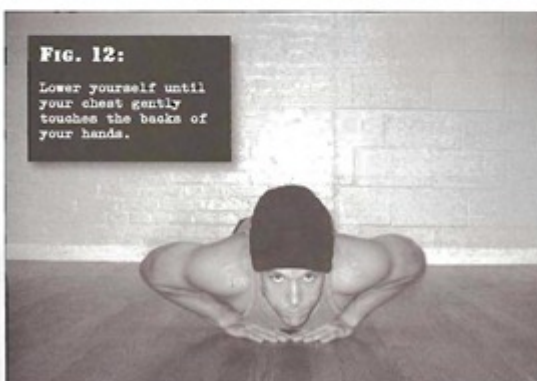
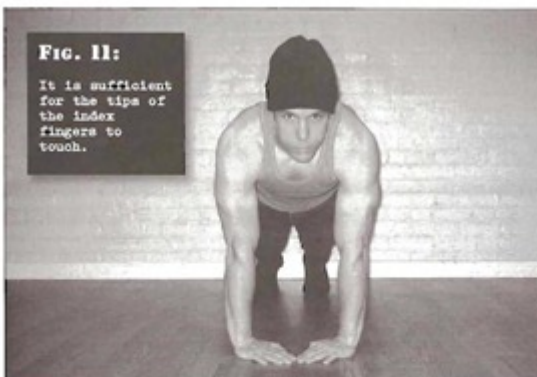
5. Full Pushups

1. Beginner Standard: 1 set of 5
2. Intermediate Standard: 2 sets of 10
3. Progression Standard: 2 sets of 20



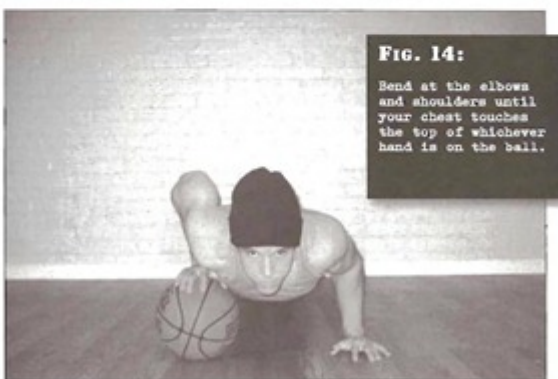
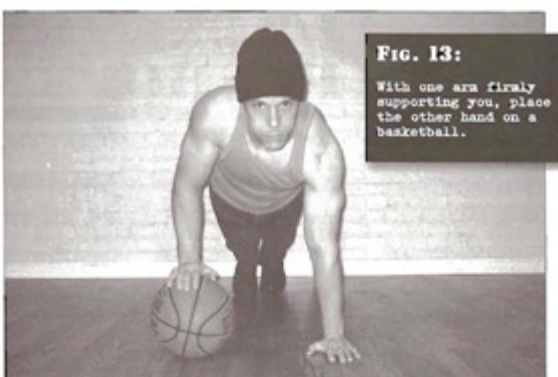
6. Close Pushups

1. Beginner Standard: 1 set of 5
2. Intermediate Standard: 2 sets of 10
3. Progression Standard: 2 sets of 20



7. Uneven Pushups

1. Beginner Standard: 1 set of 5 (both sides)
2. Intermediate Standard: 2 sets of 10 (both sides)
3. Progression Standard: 2 sets of 20 (both sides)



8. 1/2 one-arm pushup

1. Beginner Standard: 1 set of 5 (both sides)
2. Intermediate Standard: 2 sets of 10 (both sides)
3. Progression Standard: 2 sets of 20 (both sides)

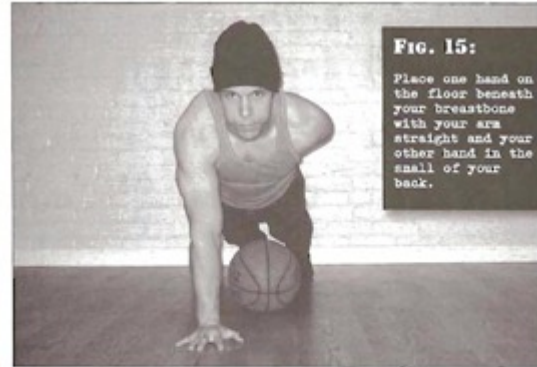


FIG. 15:

Place one hand on the floor beneath your breastbone with your arm straight and your other hand in the small of your back.

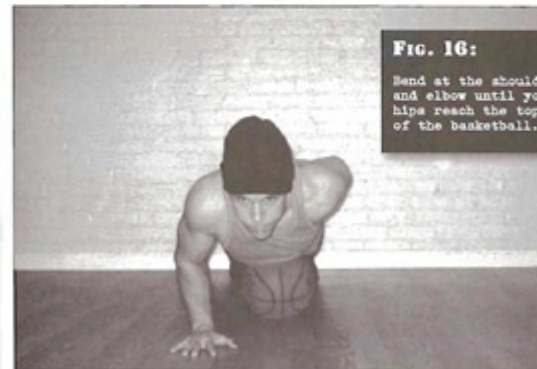


FIG. 16:

Bend at the shoulder and elbow until your hips reach the top of the basketball.

9. Lever Pushup

1. Beginner Standard: 1 set of 5 (both sides)
2. Intermediate Standard: 2 sets of 10 (both sides)
3. Progression Standard: 2 sets of 20 (both sides)



FIG. 17:

Place your free hand on a basketball which is out to the side of the body.

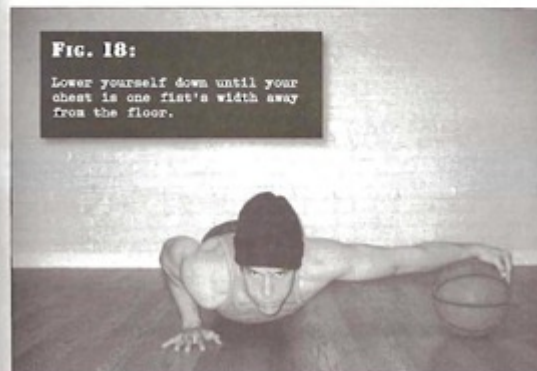
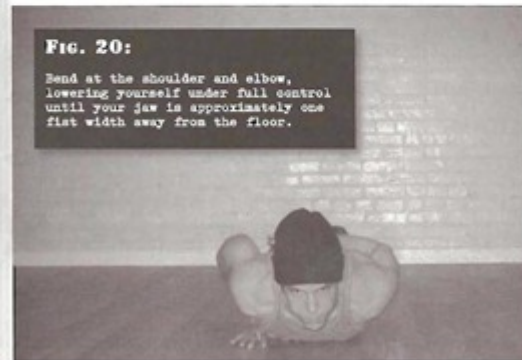
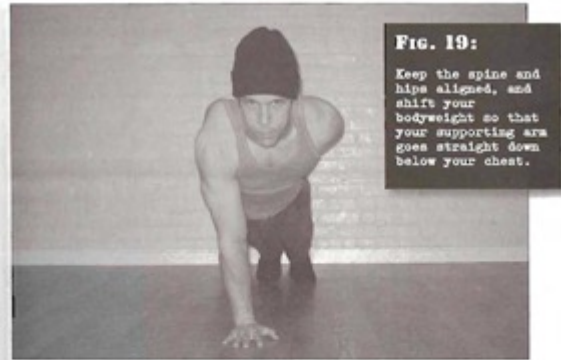


FIG. 18:

Lower yourself down until your chest is one fist's width away from the floor.

10. MASTER STEP: ONE ARM PUSHUP

1. Beginner Standard: 1 set of 5 (both sides)
2. Intermediate Standard: 2 sets of 10 (both sides)
3. Master: 1 sets of 100 (both sides)



All images and workout progressions are from the book [Convict Conditioning](#)